



Photo by Sgt. Ian Ives, 25th Sustainment Brigade, 25th Infantry Division

Free-fall parachutists with the U.S. Army Special Operations Command Parachute Demonstration Team create a spectacle over Weyand Field, Schofield Barracks, with smoke grenades and a 1,000-foot American flag in banner format.

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America *celebrates* 241 *years*



Photo by Sgt. Ian Ives, 25th Sustainment Brigade, 25th Infantry Division

Free-fall parachutists with the U.S. Army Special Operations Command Parachute Demonstration Team leap from a CH-47 Chinook, Monday. The team, also known as the Black Daggers, performed during the Fourth of July Spectacular at Schofield Barracks.

Sgt. 1st Class Curtis Loter, a free-fall parachutist with the Black Daggers, interacts with members of the crowd at the Fourth of July Spectacular after landing, Tuesday.

This is the first time the Black Daggers have performed in Hawaii.

See more on the Fourth of July Spectacular on p. B-1.



Photo by Sgt. Ian Ives, 25th Sust. Bde., 25th ID



Photo by Kristen Wong, Oahu Publications

Soldiers display various historical versions of the American flag on the main stage at Weyand Field, Schofield Barracks, during the Fourth of July Spectacular, Tuesday.

2IBCT ‘Warriors’ play bad guys & sustain readiness

MAJ. KAREN ROXBERRY
2nd Infantry Brigade Combat Team
Public Affairs
25th Infantry Division

FORT POLK, Louisiana — Soldiers assigned to 2nd Infantry Brigade Combat Team, “Warriors,” 25th Infantry Division, returned to the Joint Readiness Training Center, here, to experience what it’s like to be the bad guys.

From June 3-30, over 400 Soldiers from 1st Battalion, 21st Inf. Regiment; 65th Brigade Engineer Bn.; and 2nd Bn., 11th Field Artillery Regiment, participated in JRTC’s 17-07.5 rotation, serving as the opposing force, fighting against the rotational training unit, 4th BCT (Airborne), 25th ID, based out of Alaska.

Role playing as forces of the fictional Southern Atropian People’s Army, Warriors experienced what it’s like to be on the other side, providing tough and realistic training that comes from a free thinking enemy opponent that wants to win just as badly.

“As the battle raged on, I was reminded of why I joined this profession,” said 1st Lt. Tyler Sowell, an infantry officer assigned to 1-21st Inf. Bn. “Many people would’ve stopped at the swamp and quit. But I watched as our company pushed through it, fought the fight and completed the mission.”

The training event also provided an opportunity for the Warrior Brigade to execute collective and individual training on the challenging terrain of Fort Polk.

“Platoons refined light infantry

tactics and fundamentals while also maneuvering through the unforgiving terrain of Fort Polk,” said Maj. Ryan Case, Operations officer for 1-21st Inf. Bn. “The battalion headquarters exercised four iterations of completely analog MDMP (Military Decision Making Process), to include a zone reconnaissance mission, a battalion attack, a battalion defense and air assault operations; conducted mission command of organic and enabling subordinate formations over 59 square km with limited communications; qualified Soldiers on assigned weapon systems; and conducted platoon live fires for six rifle platoons and two engineer platoons from the 65th Bde. Eng. Bn.

“Training events like this are incredible opportunities for Tropic Lightning battalions to capitalize on, as they offer a month-long opportunity to solely focus on training for war,” Case added.

Throughout the training, Sappers from the 65th BEB emplaced a multitude of complex obstacles and also conducted training on base camp construction, defensive obstacle emplacement and platoon live-fire exercises.

“This event offered our platoons a rare opportunity to escape the distractions of home and focus on just the development of our cohesion, autonomy. (It) also gave us the ability to train on individual skills,” said Sowell. “From camo to ruck packing to weapons familiarization, as a platoon, we were able to develop individually as Soldiers.”



Photo by 1st Lt. Elijah Durian

A Soldier assigned to 1st Bn., 21st Inf. Regt., pulls security, serving as the opposing force at the Joint Readiness Training Center in Fort Polk, Louisiana.

Over the past few months, the Warrior Brigade has executed decentralized operations: participating in theater security cooperation exercises in the Pacific Region, training future Army leaders at Cadet Summer Training in Fort Knox, Kentucky, and training with their partnered unit, 1st Bn., 151st Inf. Regt., in Camp Atterbury, Indiana.

“Whether it’s training in the harsh

outback of Australia, playing opposition forces at JRTC, developing future leaders of our Army at Cadet Summer Training in Fort Knox or going to the range at home station, every single event is an opportunity for us to get after collective and individual training,” said Col. Anthony Lugo, commander, 2IBCT. “We are not only sustaining our readiness but our Army’s readiness.”



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Leadership changes at 599th Trans.

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

FORD ISLAND — A new commander and command sergeant major took the reins of the 599th Transportation Brigade the morning of June 27 on board the Battleship Missouri Memorial, here, in historic Pearl Harbor.

Col. Michael S. Knapp assumed command of the brigade from Col. James M. Smith, and Command Sgt. Maj. Rufus J. Lewis assumed responsibility from Command Sgt. Maj. William E. Funcheon during a combined change of command and responsibility ceremony hosted by Maj. Gen. Kurt J. Ryan, commanding general of Military Surface Deployment and Distribution Command.

In his remarks, Ryan praised the brigade. “Dispersed across the Pacific stands a highly motivated “Surface Warrior” brigade, a formation filled with experts in their deployment and distribution trade,” he said. “They are eager to carry out your orders because they trust you, and I know you will trust them to do their duty, to deliver readiness.

Knapp said he looked forward to commanding the brigade.

“Operating in areas where our adversaries seek to dominate the global commons can be an intimidating endeavor, but it’s one the 599th Transportation Brigade is more than capable of meeting,” he said.

“I will be both proud and humbled to be a part of this formation every step of the way,” he added, “especially as we evolve to meet the demands of the joint force.”

More than 200 people attended the ceremony, including family and friends of the incoming and outgoing commanders; representatives of all military services and representatives from civilian carriers; battalion commanders and sergeants major from the 835th, 836th and 837th transportation battalions; and the commanding general of 8th Theater Sustainment Command, Maj. Gen. Susan Davidson, who is a former commander of both the 599th and SDDC.



Maj. Gen. Kurt Ryan (right), commanding general, Surface Deployment and Distribution Command, passes the 599th Transportation Brigade colors to Col. Michael Knapp, 599th incoming commander, during a change of command and responsibility ceremony, June 27, on the fantail deck of the Battleship Missouri Memorial.

Although the combined change of command and responsibility ceremony was a first for the 599th Transportation Brigade, this was the eighth change of command on board the Battleship Missouri Memorial for the unit.

Knapp and Lewis both join the 599th from 8th TSC at Fort Shafter.

Earlier in his career, Knapp commanded

the 39th Transportation Battalion in Kaiserslautern, Germany, and 39th Joint Movement Control Battalion in Bagram, Afghanistan, for Operation Enduring Freedom.

After the ceremony Knapp and Lewis also hosted a reception on the fantail deck.

Smith will go to his next assignment as executive assistant to the commander of U.S. Transportation Command. Funcheon will go to G7 Exercise at Joint Base San Antonio, Texas.

Other Army units generously lent support for the ceremony. The 25th Infantry Division provided the Paradise Brass Quintet, the color guard and chaplain, while the 25th Composite Truck Company provided the ushers and a set-up and break-down detail.



Photo by Staff Sgt. Michael Behlin 8th Theater Sustainment Command Public Affairs

Command Sgt. Maj. Gregory Binford, the outgoing senior enlisted leader for the 8th TSC, passes the unit colors to Maj. Gen. Susan A. Davidson, commanding general of the 8th TSC, during the unit’s change of responsibility ceremony, June 29, at Hamilton field on Schofield Barracks.

New command sergeant major at 8th TSC

STAFF SGT. MICHAEL BEHLIN
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — The 8th Theater Sustainment Command welcomed a new command sergeant major during a change of responsibility ceremony, June 29, at Hamilton Field, here.

The change of responsibility ceremony is a military tradition held when senior noncommissioned officers leave a position of leadership and are replaced by new NCOs.

During the ceremony, outgoing Command Sgt. Maj. Gregory Binford officially handed over the reins of responsibility to Command Sgt. Maj. Jacinto “Jay” Garza.

Officiating the ceremony was Maj. Gen. Susan A. Davidson, commander, 8th TSC, who thanked Binford for his hard work and leadership, while welcoming Garza to the team.

“I would like to formally thank Command Sgt. Maj. Binford, his wife Eileen and the entire Binford family for all you have done in support of the 8th TSC and the Army over a long and illustrious career,” Davidson said. “Undoubtedly, your contributions impacted thousands of Soldiers, civilians and family members for the better. Thank you for choosing to serve and investing your time in the defense of our nation.”

To Garza, Davidson continued, “Welcome to the 8th TSC. I look forward to your leadership, advice and influence as you join



Photo by Spc. Jaime Ruiz, 8th TSC

Command Sgt. Maj. Jacinto “Jay” Garza, the senior enlisted leader of the 8th TSC, officially takes over the reins of responsibility as command sergeant major during the change of responsibility ceremony, June 29, at Hamilton Field on Schofield Barracks.

this team and assume responsibility as the command sergeant major of the 8th Theater Sustainment Command.”

Binford, the 5th command sergeant major for the 8th TSC, served as senior enlisted leader for both Maj. Gen. Edward F. Dorman III and Maj. Gen. Susan A. Davidson.

Although retiring after his assignment to the 8th TSC, Binford said he is proud of the work the officers, NCOs and Soldiers have accomplished and looks forward to their

accomplishments in the future.

“We truly have an exceptional team of logisticians, engineers and all hazards response professionals within this great command,” said Binford. “To all of the sustainment and enabling partners throughout the vast Pacific region, including our National Guard and Army Reserve partners, your ability to make the complex missions in our region look feasible while continuing to build readiness and focus on leader development, all while caring for Soldiers and their families, has been truly amazing.”

Garza, now officially the 6th command sergeant major for the 8th TSC, comes to the command after a successful tour as the J4 sergeant major for the Combined Joint Task Force-Operation Inherent Resolve in Iraq.

During his remarks, Garza thanked Davidson for selecting him as the 8th TSC’s senior enlisted leader in a location he now calls “the best location the Army has ever sent me.” He also thanked everyone who planned, coordinated and participated in the change of responsibility ceremony.

“Maj. Gen. Davidson, I want to thank you for selecting me to be a part of your organization, for giving me the opportunity to serve the officers, noncommissioned officers, Soldiers and civilians of this great command,” said Garza. “I look forward to building upon the already strong relationship across the Pacific.”

Voices of Ohana

Because it’s summer, we wondered,
“What book have you read this summer?”
By 311th Signal Command (Theater) Public Affairs



“Spilled Milk.’ It is based on a true story about a little girl’s upbringing, but it is very sad.”

Staff Sgt. Maira Carrier
Evaluations NCO
311th SC (T)



“I finished a 21-day devotion called ‘The Forgotten Way’ by Ted Dekker. It was inspiring to me.”

Master Sgt. Joseph Dunbar
G4 Supply & Services NCOIC
311th SC (T)



“I just finished the seventh book of the ‘Dark Tower’ series by Stephen King.”

Capt. Angela Olds
Secretary of the General Staff
311th SC (T)



“‘Ego is the Enemy.’ It is a book by Ryan Holiday that focuses on stoicism.”

Genn Villarmia
Contract specialist
311th SC (T)



“I read with my son often, and the book we just finished was ‘Goosebumps: Night of the Living Dummy.’”

Staff Sgt. Thomas Walton
Correctional specialist
311th SC (T)



U.S. Army photo by Spc. James K. McCann

A Soldier assigned to the 25th Infantry Division sets security while his team secures a riverbank during the Waterborne Operations portion of the Jungle Operations School at the 25th ID East Range Training Complex, earlier this year.

The students learn and become proficient at operating and surviving in the jungle environment.

Jungle ops challenges mental, physical readiness

DAVID VERGUN
Army News Service

SCHOFIELD BARRACKS — Not everyone survives here in the jungle. It’s not that they get eaten by tigers or crocodiles, it’s just that they aren’t cut out for the environment. As a result, they end up dropping out.

About 30 to 40 percent of the students who begin the 25th Infantry Division’s three-week Jungle Operations Training Course, or JOTC, on Oahu here, are unable to finish, said Capt. Matthew Jones, who serves as commander “Lightning Academy,” which teaches the course.

Mental and physical fatigue can set in quickly for those who are not in top physical condition, he said. Completing the grueling course takes a lot of mental stamina as well.

“You are in the jungle from the time you enter until the time you leave,” Jones said. “There are long movements over steep terrain. And if you get wet the first day, you’ll be wet for the next five days. It wears on you. People drop out.”

Most visitors to Oahu come for Honolulu and the beach there at Waikiki, he said, and most don’t venture far enough inland to learn of the jungles there.

But Soldiers who arrive at Schofield Barracks’ East Range Training Center, nestled between the Waianae mountain range on the west and the Koolau range on the east, aren’t there to surf or swim. Instead, they are there to learn how to survive in the lush jungle there that most tourists will never see.



Photo by Air Force Master Sgt. Jeffrey Allen
Senior Airman Andrew Schuler uses a rope bridge to cross a creek during the jungle warfare training.

Eight JOTC courses a year are taught, he said, with 75 students per class. Troops from other services as well as foreign military personnel often attend as well.

All of the training is hands-on, as opposed to classroom learning, Jones said. For 24 hours a day, seven days a week, there are no beds or other comforts of home. During the JOTC, he said, Soldiers operate beneath the thick canopy of trees atop the insect-infested jungle floor.

During week one, Soldiers learn basic jungle survival skills, such as building shelters from natural materials,

moving through thick vegetation or across the water, and procuring food and water from nature, Jones said.

But unlike some jungle warfare courses, such as the one in Malaysia, Soldiers do not have to eat snakes during JOTC, Jones said.

The jungle environment around the Pacific area of operations includes such a wide variety of flora and fauna, he said, that teaching which plants or animals to eat would be fruitless. Instead, he said, the survival training is general in nature.

Should Soldiers be tasked to deploy to a particular jungle area, he said, they would receive a locality briefing prior to their departure.

Week two at JOTC focuses on squad tactics in the jungle. In the jungle, he said, tactics are different than they would be in more open areas such as in Iraq or parts of Afghanistan.

For example, since the foliage is so thick in the jungle, squad movements are conducted in single file instead of a wedge formation, he said.

Communications is also much more difficult in the jungle, he said. The thick vegetation and mountainous terrain limits radio signal strength. During JOTC, students are taught how to make field expedient antennas to boost signal strength.

Week three at JOTC culminates with platoon-level operations against an opposing force, he said.

(See the rest of this story at www.hawaiiarmyweekly.com/2017/07/06/jungle-operations-challenges-mental-physical-readiness/.)

SMA ensures Soldiers are educated, fit to fight, smiling

Story and photos by
SEAN KIMMONS
Army News Service

FORT IRWIN, California — With the tables cleared, chairs folded and the floor vacuumed, Sgt. Maj. of the Army Daniel Dailey was among the last people still inside a banquet hall after a ceremony at this secluded Mojave Desert training base.

About an hour before, he had given the keynote speech for the command’s NCO/Soldier of the Year ceremony. In his speech, he praised the winners and underscored the importance of readiness and other Army priorities to the hundreds of people in attendance.

Shortly after, bands of Soldiers, family members and civilians flocked to him like moths to a bright light. He shook their hands, cracked jokes and shared laughs. Anybody who wanted a selfie with him got one, even if that meant staying well after the event.

“I’m just trying to live up to my own expectations of what the sergeant major of the Army should be,” Dailey said, when he finally left the banquet hall around midnight his time.

Enlisted voice

As the 15th sergeant major of the Army, Dailey’s role is to put an enlisted voice inside the Pentagon to place concerns of Soldiers directly in front of the military’s most senior leaders, including the Army’s secretary and chief of staff.

Duties also extend to shaping NCO development, being a spokesperson for military families and acting as a sounding board for Army senior leaders regarding new standards, policies and programs under development.

Created in 1966, the role of sergeant major of the Army is so unique amongst Soldiers that the person in the position wears special rank insignia on their sleeves and even has their own official Army flag. The SMA also serves as a role model to the more than 1 million Soldiers across the total force.



Sgt. Maj. of the Army Daniel Dailey, center, takes a selfie with a group of Soldiers and civilians after speaking at an NCO/Soldier of the Year ceremony at Fort Irwin, California, June 7. Dailey, who has an outgoing and approachable personality, makes it a priority to meet with Soldiers wherever he goes.

Because of that, adherence to physical standards has not been something Dailey just talks about since taking the position in January 2015, he has also lived up to it. Before leaving for his Fort Irwin trip in early June, he ran 7 miles as part of his routine physical training.

Not long after his run, he hopped aboard a cross-country flight from northern Virginia to the California desert. Seconds after landing, he jumped on a Black Hawk helicopter from the airport to the remote installation, where he was briefed on the National Training

Center, one of the Army’s premier training areas.

With no signs of jetlag, an energetic Dailey capped off his 18-hour day by interacting with Soldiers at the ceremony. The next day, another full itinerary awaited him.

“We put Soldiers through a lot of grueling times (and) long hours,” Dailey said. “It’s not too much to come out and tell them ‘thank you’ and shake their hand. You got to be on your ‘A-game’ when you’re out there, because

See SMA A-5

25th CAB’s MacArthur, a pilot, wins I Corp’s Best Warrant Officer

SGT. IAN MORALES
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

HONOLULU — The Army prides itself on recruiting and developing the best warfighters in the world through training and discipline.

Every year Soldiers of all ranks are presented an opportunity to display their skills and mettle as the best in their respective ranks.

That opportunity presented itself for Chief Warrant Officer 2 Philip M. MacArthur, a CH-47 Chinook pilot of 3rd Battalion, 25th Aviation Regiment, to compete for the title of this year’s I Corp Best Warrant Officer.

“I was told that I was on the list for possible name to compete, so I didn’t shy from the opportunity,” said MacArthur. “It was challenging and difficult, but I was in my mode and drove on.”

The Corp level competition took place at Joint Base Lewis-McChord, Washington, familiar territory for the 2nd Ranger Battalion veteran. After completing height and weight, Soldiers went straight into a ruck march, weapon qualification and then land navigation.

MacArthur says Hawaii’s environment and the 25th ID’s 12-mile land navigation course better prepared him



Photo by Pvt. Ethan Valetski
Chief Warrant Officer 2 Philip MacArthur, a pilot from 25th CAB, participates in a mock promotion board as part of the I Corps Best Warrior Competition, May 17.

for the I Corp’s land navigation lane and set him up for success.

A portion of the contest was to demonstrate skills on a stress fire lane after the 12-mile ruck march. This was to give the competitors little rest and see if they could adapt to the conditions quickly and effectively.

“One thing that really helped from my previous ex-

perience was marksmanship, really anything to do with weapons,” said MacArthur. “The training and experience I got from the Rangers made it easier than for the average bear.”

At the end of three days of strenuous evaluation, MacArthur found all of his training and preparation had paid off.

“I’m very proud,” MacArthur said. “Any chance I get to represent not only myself, but my company, battalion and now division is an honor.”

MacArthur also says he encourages Soldiers and NCOs to participate in Best Warrior competitions whenever they get the chance.

“During the event, it’s really anybody’s game. You don’t know what you’re good at until you get there,” said MacArthur. “Every competition is different, but if given the opportunity, commit to it, prepare for it physically and mentally.”

More Details

For more information on the Army’s Best Warrior Competition, visit U.S. Army on Facebook or <https://www.army.mil/bestwarrior/>.

Ohio Air National Guard trains at Pohakuloa

Story and photo by
2ND LT. LOU BURTON
178th Wing, Ohio Air National Guard

POHAKULOA TRAINING AREA, Ha-
waii — Ohio Air National Guard Airmen
traveled to the Island of Hawaii to partici-
pate in joint medical training, here, for
two weeks as part of their annual training
requirements.

The 33-person group comprises medi-
cal personnel from the 178th Medical
Group and the 121st Medical Group, and
they’re participating in Army-led training
and conducting training for Soldiers.

Additionally, the group is providing
real-world medical assistance to sick call
and providing dental and optometry as-
sessments to Soldiers in the field.

Airmen from the 178th Biomedical
Engineering and Public Health section
are assessing water conditions by testing
drinking water and providing health rec-
ommendations for the training location
that is currently at capacity of more than
2,300 service members.

PTA’s firing ranges allow units to con-



A soldier assigned to the Pohakuloa Training Area familiarizes members of the 178th Medical Group and 121st Medical Group with the installation, June 12. The 33-person group is participating in joint medical training with the Army while completing their annual training requirements.

duct small-arms and crew-served weap-
ons familiarization training and quali-
fications, as well as artillery and mortar
live fire.

PTA has 23 training areas, with 22 live-
fire and four non-live-fire fixed ranges,
seven airborne drop zones and over 100
field artillery and mortar firing points.

The facility has no assigned full-time
medical personnel.

“We have a very fluid schedule here,”
said Chief Master Sgt. Brian Wear, 178th
Wing Medical Group superintendent.
“We are balancing the training being
provided by our Airmen, the training we
are receiving from the Army and the real-
world mission of providing medical assis-
tance to the service members here.”

The PTA training facilities were origi-
nally built in the 1950s and still bode origi-
nal structures from the era. The physical
environment is 6,800 miles above sea
level, and the landscape mirrors more of
a desert terrain than a tropical island be-
cause of the volcanic rock that the instal-
lation is built upon.

“This training is a great opportunity
for our Airmen,” said Lt. Col William
Brown, 178th Wing Medical Group depu-
ty commander. “The training area is in
an austere environment, and providing
real-world medical assistance over such
a large terrain is something we just could
not replicate elsewhere.”

SMA: The Army is Daileys’ family

CONTINUED FROM A-3

that’s what they expect. They’re tired, too.
“The bad part is that my guys can nev-
er keep me on schedule. It’s always my
fault,” he said, smiling.

Humble roots
At just 44 years old, Dailey is the
youngest sergeant major of the Army. Af-
ter he enlisted in 1989, he rose through
the ranks and has held every enlisted
leadership role in the mechanized infan-
try.

In 2008, he fought in Baghdad with the
4th Infantry Division during the Battle for
Sadr City, a two-month fight where he
earned a Bronze Star with Valor for his
leadership. The next year, he was chosen
to be the division’s senior enlisted leader.

He then was selected to be the com-
mand sergeant major of the Army Train-
ing and Doctrine Command, where he
helped shape new policy before being



Sgt. Maj. of the Army Daniel Dailey, center, has fun with a group of Soldiers and civilians after speaking at an NCO/Soldier of the Year ceremony at Fort Irwin, California, June 7. Dailey, who has an outgoing and approachable personality, makes it a priority to meet with Soldiers and hear their concerns wherever he goes.

picked for his current position.

A strong work ethic was engrained into
Dailey at a young age as he grew up in a
low-income family in Palmerton, a small

town in eastern Pennsylvania. Through-
out his humble childhood, his parents of-
ten showed him how to fix or make things
on his own.

“We didn’t have a lot,” he said, “but we
were taught the right way.”

Paying for college and other opportu-
nities, though, were still out of reach for
Dailey. That’s where the Army came in.
He joined as an infantryman and tackled
tough courses, earning a Ranger tab and
becoming a master gunner for the Brad-
ley fighting vehicle. He also graduated
summa cum laude with a bachelor’s de-
gree from Excelsior College.

“The Army is the land of opportunity,”
he said. “They don’t care who you are or
where you’re from; it’s all about what you
do and what you contribute.”

When not working – he averages one
or two days off a month – he transfers his
energy to home projects. He digs deep
into his interest of carpentry and has
built handmade cabinets and furniture.
He even sews and upholsters chairs and
is a certified car mechanic, helping his
family while also teaching them what his
parents passed on to him.

“It’s really a cross between love and
frugality,” he said, laughing.

(See the rest of this article at www.hawaiiarmyweekly.com/2017/07/06/sma-ensures-soldiers-are-educated-fit-to-fight-and-smiling/.)

Criminal Investigation Division warns to beware of online scams

**U.S. ARMY CRIMINAL
INVESTIGATION COMMAND (CID)**
Army News Service

The U.S. Army Criminal Investigation
Command is once again warning Soldiers
and the Army community to be on the
lookout for “online scams” where crimi-
nals will try a myriad of tactics where un-
suspecting victims
can lose money,
have their identity
stolen, be extorted
or have their pho-
tographs posted
without consent.

Perpetrators
conduct various
schemes that le-
verage unsuspect-
ing victims for
retribution, finan-
cial gain or other
forms of black-
mail.

“**Always remember that once items are posted online they will live on forever, so be mindful of your online presence and those who you associate with.**”

One scam is to post images or videos
without the victims’ permission for the
sole purpose of settling scores. Another
scam that criminals will use is to engage
in online sexual activities with unsus-
pecting service members, and then de-
mand money or favors in exchange for
not publicizing potentially embarrassing
information.

The most common scam is when the
victim claims they are “in a relationship”
with an American Soldier, when in fact
their love interest is an online scammer,
who hustled them out of their money and
emotions.

According to CID officials, online us-
ers must be vigilant in protecting their
online identities and personal informa-
tion. They must also be cautious of their
online communications and be extreme-
ly careful when sharing any type of per-
sonal information.

Always remember that once items
are posted online they
will live on forever, so be
mindful of your online
presence and those who
you associate with.

These various scams
can have a devastating
impact, causing emo-
tional distress, humilia-
tion and even economic
harm when it affects a
victim’s employment and
lifestyle. Unfortunately,
these incidents continue
to occur across the globe,
and victims are encour-
aged to seek the assistance of law en-
forcement.

If you have been the victim of any on-
line scam, please adhere to the following:

- DO NOT send money to the



Courtesy photo

scammer(s). CID is aware of instances
where scammers have threatened to re-
lease compromising videos or photos un-
less they receive extortion money.

- DO NOT continue to correspond with

the scammer(s).

- DO preserve whatever information
you have from the scammer(s), such as
social networking profile, email accounts
used, where money was directed to be
sent, etc.
- DO notify CID if you have direct
knowledge that explicit photos and vid-
eos were taken without your consent.
Contact Army CID at 1-844-ARMY-CID
(844-276-9243) or email CID at Army.
CID.Crime.Tips@mail.mil.

Computer Security

For more information about
computer security, other computer-
related scams and to review previous
cyber-crime alert notices and cyber-
crime prevention flyers, visit www.cid.army.mil/cciu-advisories.html.
For more information on CID
or to report a felony-level crime or
provide information concerning a
crime, contact your local CID
Office or the Military Police or
visit www.cid.army.mil.

Service members should grasp estate planning

VERNDAL C.F. LEE
Legal Assistance Office

SCHOFIELD BARRACKS — There are many urban myths about one’s property and wills.

A lot of people think that if they die without a will, the state gets everything. This is a myth.

If you die without making a will, your property will be distributed according to the laws of your state. This process is called “intestate succession” or “intestacy.”

Who gets what depends on who your closest relatives are. The most likely recipients are your spouse, your children, your parents or your siblings.

It is easy to find out what happens to your property should you die without a will. Use a “search engine” and look for the phrase “(name of state) intestacy.” The result will be your state’s intestacy laws.

If you are not happy with your state’s intestacy law, as to what happens to your property, you need a will.



Courtesy photo

or tenancy by the entirety.

These are all various types of contracts. Any distribution of the asset is according to the terms of the contract.

Living trust

A living trust is another type of contract that takes precedence over a state’s intestacy laws or an individual’s will. A trust is an arrangement under which one person, called a trustee, holds legal title to property for another person, called a beneficiary. You can be the trustee of your own living trust, keeping full control over all property held in trust.

A “living trust” (also called an “inter vivos” trust) is simply a trust you create while you’re alive, rather than one that is created at your death.

Making a living trust work requires some crucial paperwork. To make your trust effective, you must hold title to trust property in your name as trustee. For example, if John Smith wants to hold real estate in his trust, he must prepare and sign a new deed transferring the real estate to “John Smith, trustee of the John Smith Revocable Living Trust dated June 4, 20xx.”

The same is true of other “big ticket” items, such as cars. This paperwork can be tedious.

Similar to a will, in the declaration of trust document, you name the people or organizations you want to inherit trust property after your death. You can change those choices if you wish; you can also revoke the trust at any time.

Will v. living trust

A lot of individuals want a living trust because they want to “avoid probate.” Probate is the act or process of proving a will. In a nutshell, probate is the court-supervised process of paying your debts and distributing your property to the people who inherit it.

Not all wills go through probate. Most states have a small estate process. Because probate is court supervised, the documents are public records. Because probate is court supervised, the process takes time.

A living trust does not go through probate. The documents are not public records; the process of transferring property is quicker. The additional advantage of a living trust is that if an individual owns real estate in more than one state, there is no need to do an “ancillary probate” in each state in which real estate is located.

A living trust does not protect property from creditors. A creditor who wins a lawsuit against you can go after the trust property just as if you still owned it in your own name. On the other hand, probate can offer a kind of protection from creditors. During probate, known creditors must be notified of the death and given a chance to file claims. If they miss the deadline to file, they’re out of luck forever.

A living trust does not reduce estate taxes. A simple probate-avoidance living trust has no effect on state or federal estate taxes.

Keep in mind that for deaths in 2016, only estates worth more than \$5.45 million will owe federal estate tax. This means that very few people have to worry about this tax. This exemption amount will increase with inflation.

Having a living trust does not mean you don’t also need a will. A will is an essential back-up device for property that you don’t transfer or forget to transfer to yourself as trustee. For example, if you acquire property shortly before you die, you may not think to transfer ownership of it to your trust, which means that it won’t pass under the terms of the trust document. This property must then go through probate – either under the terms of your will or under your state’s intestacy laws.

(Editor’s note: Lee is the chief of the Legal Assistance Office.)

Legal Assistance Office

The Schofield Barracks Legal Assistance Office does not prepare living trusts. It prepares wills, living wills and medical powers of attorney.

Each individual wanting a will must complete a will worksheet.

The office is located at 278 Aleshire Ave., Bldg. 2037, Schofield Barracks. Call 655-8607.



July

7 / Friday

500th MI CoC — Lt. Col. James B. Cogbill will relinquish command to Lt. Col. Wayne E. Prince during a change of command ceremony for the 205th Military Intelligence Battalion, July 7, at 10 a.m. The ceremony will take place at historic Palm Circle, Fort Shafter.

27 / Thursday

VA Town Hall — Veterans, their families and survivors are invited to a town hall meeting at the Oahu Veteran Center, Thursday, July 27, from 5-6:30 p.m. Information and resources will be provided, and you can ask questions about VA health care, benefits and memorial affairs. The center is located at 1298 Kukila St., Honolulu.

September

9 / Saturday

Retiree Appreciation Day

— Event will be held on Sept. 9 at the Nehelani on Schofield Barracks. Doors will open at 8 a.m.

Several guest speakers will discuss health care issues and changes that may affect the Army retired community. Tripler Army Medical Center will be providing flu shots and skin cancer screening.

Lunch will be served from noon till 1:30 p.m. Reservations and advance payment of \$18 per person is required prior to Aug. 15. For details, call the Retirement Services Office at 655-1514.

Ongoing

Women’s Health Portal

— The web-based women’s health portal, developed by the U.S. Army Public Health Center, provides information on women’s health topics.

The portal gives women and health care providers access to health-related resources and support that facilitate health and readiness in both the deployed and garrison settings.

Read more at <https://www.army.mil/standto/>

[archive_2017-06-21/?s_cid=standto.](#)

Ideas — Have you ever had an idea that you kept to yourself because you thought no one would listen? Well, now someone is listening.

If you’ve seen an issue and have a solution, or just have a great idea that could improve the Army, go to the Army Ideas for Innovation on MilSuite at <https://www.milsuite.mil/ai2> and share it.

The AI2 team will push your ideas (relevant/informative) to the people who can turn them into reality. As of today, there are more than 120 ideas under review. Also, every idea is open for public comment, so you can read the ideas of others and leave your own feedback.

Moving Season

— Military and family members are reminded to pre-plan their permanent change of station, or PCS shipments.

Hawaii is a geographically isolated area, so during the peak moving season, mover capacity is filled up to 30 days out.

Call Transportation at 656-4963.



(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

7 / Friday

South Range — A large load delivery will impede traffic in South Range along South Range and Mauricio roads through today from 5-6 a.m. and 10-10:30 p.m.

The roads will not be closed, but due to the size and speed of the delivery, vehicle local traffic will be slower than normal.

15 / Saturday

Power Outage — Buildings 572, 557, 556, 555, 488, 472 and 589 on Schofield Barracks will have a scheduled power outage on July 15, from 7 a.m.-3:30 p.m.

The outage is required to perform electrical upgrades to the utility poles.

Ongoing

Ganhan Road — Ganhan Road, Wheeler Army Airfield, adjacent Bldg. 107, will be closed at the Wright Avenue entrance. Ganhan Road will be closed throughout the duration of construction occurring at Bldg. 107. Closure will occur through Dec. 18.

Sasaoka Street — Two road closures on Sasaoka Street, WAAF, will occur for new sewer line installation. The work will be performed in two phases through Sept. 30.

For Phase 1, a portion of Sasaoka Street will be closed during the day between 8:30 a.m. and 3:30 p.m., Monday-Friday. Access will still be available for tenants and employees in the area.

For Phase 2, Sasaoka Street will be fully closed at night from 6 p.m.-2 a.m., Monday-Friday. Access for tenants and employees will not be available at night during Phase 2.

Saturday and Sunday work will only be performed if absolutely necessary, between 8 a.m. and 5 p.m.

7th Street & Arty Hill Road

— Through Dec. 29, Fort Shafter contractors will be performing various road repairs and electrical utility work on 7th Street and Arty Hill Road. Intermittent lane closures will occur. Residents will be given advance notice if their driveways will be blocked. Access to the Island Palm Communities office will still be open via 7th Street.

Contractor work hours are Monday-Friday from 8 a.m.-2:30 p.m. Motorists are advised to expect delays and follow detour signs to adjacent roads. Please use caution and observe all signs, traffic control personnel and devices while driving through affected work areas.

Kailia Road

— A lane closure will occur at Kailia Road for the east of the Paoa Place and Maluhia Road intersection at the Hale Koa Hotel. Traffic will be counter-flowed to shut down the outside lane and shift traffic to the turn only lane.

The lane closures will be performed through July 14 from 7 a.m.-3:30 p.m., Monday through Friday. The project schedule is subject to change.

‘Warriors’ participate in Waianae Disaster Fair

**2ND INFANTRY
BRIGADE COMBAT TEAM**
25th Infantry Division Public Affairs

WAIANAE — Blaring sirens and flashing lights are used to alert people in neighborhoods that something potentially dangerous or life threatening has happened and that they need to let the professional emergency response teams through so they can do their jobs. The Waianae Coast Disaster Preparedness Fair, last month, allowed the local population to see how each of these services react and work together to keep everyone safe.

Soldiers of the 2nd Infantry Brigade Combat Team, “Warrior Brigade,” 25th Infantry Division, participated in this event to show how the military can assist during and after a disaster has happened. The fair provided an opportunity for community members to learn about how they can be ready to respond and be resilient during an emergency or disaster that may strike the Waianae Coast.

“The mission of the event is to work with the community supporting civil authorities, emergency responses agencies, as well as the military on how we prepare the community to be resilient in the event of a disaster on the Waianae Coast,” said Don Arakaki, Waianae Military Civilian Coordinator at the Waianae Coast Disaster Readiness Team.

This is the second year that the Warrior Brigade has participated in the fair with this year’s event including participation from more than 13 organizations from



Photo by 1st Lt. Jordan Linder, 2nd Infantry Brigade Combat Team Public Affairs, 25th Inf. Division

Soldiers assigned to 225th BSB, 2nd IBCT, 25th ID, participate in the annual Waianae Coast Disaster Relief Fair, June 3. In the event of a disaster on the island of Oahu, local military and civilian agencies will work together to ensure the safety of the local communities and their families. Soldiers showcased a vast array of assets that could be used in response to an emergency.

city, state and federal levels.

“The local residents and leaders welcomed us and were eager to learn. This allows us to engage in several briefings to inform them on what the Army can and can’t do in the crucial hours during or after a natural disaster,” said Maj. Kwame

Boateng, the 2nd IBCT executive officer.

“Getting not only local leaders, but families and even their children involved in the response process creates an opportunity to save lives in the event something were to happen,” he explained.

During the fair, Warrior Brigade Soldiers provided a presentation on defense support to civil authorities and military equipment that could be utilized in an emergency situation.

Soldiers from the 225th Brigade Support Battalion showcased a large tent, which could be used to shelter civilians or medical workers tending to those affected by the disaster.

Chief Warrant Officer 3 Daniel Brown, a 2IBCT aviation officer, talked about the aviation assets available in the excessively large-scale disasters.

“Military aircraft are useful in rescue operations, but also come in hand in site surveying,” Brown said. “By flying around the island and locating proper landing sites and drop zones, we can forecast how to respond after a natural disaster. We strive to make our equipment and operations as efficient as possible to help the most people out during those crucial times.”

Though the Army National Guard takes the lead in terms of military response to an emergency, local active duty units can be used in events if they are needed.

“We want to share with the local community the agencies that are available to support them in a time of need,” added Boateng. “Disasters have the tendency to bring out unpreparedness in different agencies. Preparing in every way possible helps local leaders to prevent loss of life. Once the threat has cleared the area, we, as a community, can focus on restoring back to predisaster conditions.”

Transitioning service members gather/learn at CPI

Story and photo by
JULIA RIVERA REYES
Directorate of Human Resources

PEARL HARBOR — Mathew Matunas, the Soldier for Life program manager, and Command Sgt. Maj. Timothy Hockenberry of Installation Management Command-Pacific, visited Hawaii’s first Career Skills Program with Concrete Preservation Institute or CPI, here, June 23.

The third cohort of this program started on June 5 with 10 active duty service members, including nine Soldiers and one Sailor.

The transitioning service members will be trained to prepare for careers in the concrete, construction and infrastructure industry while preserving national landmark structures at the Valor in the Pacific Historical Monument, home to the Arizona Memorial.

Scott Burghardt, vice president and director of Operations, and Steven Aguilar, program and safety manager, train the group.

The CPI Career Skills Program is focused on providing knowledge and experience in the concrete industry and on helping service members grow and develop toward a professional career after their separation from the military.

Right — Transitioning service members and visitors pose for a remembrance photo in front of a historical officer housing structure.

Participants will connect directly with industry professionals and CEOs to kick start their professional network and gain firsthand accounts of the industry and introductions to career opportunities. Participants will also gain hands-on skills in concrete construction through the preservation of historic structures.

Projects consist of evaluation of structures, surveying, safety and risk assessment, safe tool usage, plan reading and drawings, as well as project management, cost estimation, scheduling and other skills.

The Career Skills Program, managed by the Soldier for Life-Transition Assistance Program, provides training opportunities to facilitate the transition of Soldiers into private sector jobs and careers.

Hawaii’s first Career Skills Program started in September 2016 and will be expanded to four programs by the end of 2017.

(Editor’s note: Reyes is the Career Skills Program installation administrator. Contact her at 655-6569.)





At left, members of 2nd Bn., 11th FA Regt., fire from their howitzers to represent each of the 50 states. At right, Sgt. Ryan McDonald of Delta Co., 1st Bn., 27th Inf. Regt., 2IBCT, waves an American flag.

Fourth of July Spectacular celebrates in style

Story and photos by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Busloads of people crowded Weyand Field for the Fourth of July Spectacular, here, July 4. Families and friends spent the day engaged in rides and games. They were able to fill their stomachs with funnel cakes, hot dogs, pizza, popcorn and more.

“This is an awesome, awesome celebration – all the stuff that’s going on in the world. This is a very positive event,” said Kevin Schmidt, the president of Pacific House of Mission. “People from all different kinds of walks of life celebrate something we all have in common.”

Pacific House of Mission, a youth ministry, set up a tent at the event to offer free chicken wings to middle and high school students. The ministry’s mission is to provide outreach to youth. Each year, Schmidt said he looks forward to meeting new people, as during summer time many military families tend to move in.

In the afternoon, the U.S. Army Special Operations Command Parachute Team, also known as the Black Daggers, descended the skies, meeting members of the audience as they packed up their parachutes.

Country singer Tyler Farr performed for attendees shortly after, waving his hat to the crowd, and encouraging all to sing



Singer-songwriter Natalie Imbruglia belts out a tune on the main stage.

along.

Spc. Brad Lake, a horizontal construction engineer with 65th Brigade Engineer Battalion, 2nd Infantry Brigade Combat Team, 25th Infantry Division, came out for Schofield Barracks’ Fourth of July Spectacular for a second year. A country music fan, Lake said the highlight of the day was Farr’s performance.

Sgt. Bradley Sherman from the 25th ID Band played colors in the evening, as the red, white and blue fabric of the American flag descended its pole near 25th ID’s building.

Evening action

As the sun began to set and Australian singer-songwriter Natalie Imbruglia serenaded the crowd at Weyand Field, attendees were still coming off the shuttle bus, setting up tents and blankets.

The Hypersquad Dance Company, from Waipahu, then crowded the main stage with upbeat dance.

In the late evening, each of the 50 states was honored, with Soldiers carrying each state flag to be placed in front of the stage. The 2nd Battalion, 11th Field Artillery Regiment, 2IBCT, 25th ID, fired a shot for each state with its massive

howitzers.

The 25th ID Band took to the stage performing a range of old favorites, such as “Rhythm of the Night” to “Stairway to Heaven.”

Each branch of service was also honored. Those who serve or served in each branch were asked to stand when their branch’s song was played. When “The Army Goes Rolling Along” began, many rose and cheered – some standing at attention while singing along.

Vietnam veterans recognized

Just before the fireworks were to begin, Col. Stephen E. Dawson, commander, U.S. Army Garrison-Hawaii, came up to the stage. He honored the Vietnam veterans.

“Veterans who served in the Vietnam War could not wear their uniform when they came home,” Dawson said. “(They) came home without parades, came home to ridicule, public protest and social unrest.

“Ladies and gentlemen, our Vietnam veterans would not march in a parade for the first time until 1991 when they marched alongside those who served in the first Gulf War, in New York City, Manhattan and Washington D.C. There are 21,000 people on this parade field right now, join me in a loud and thunderous applause for our Vietnam veterans.”

The night ended in the bright lights of fireworks, erupting from the commissary parking lot.



Attendees at the Fourth of July Spectacular relax on blankets and lawn chairs at Weyand Field, Tuesday.

Black Daggers pierce the skies above Schofield Barracks

Story and photos by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Families and friends from the community, here, and around the island looked to the sky for the U.S. Army Special Operations Command Parachute Demonstration Team’s first-ever Hawaii performance at the Fourth of July Spectacular.

Exiting a CH-47 Chinook, provided by 3rd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, seven members of the team, known also as the “Black Daggers,” filled the air with colorful smoke and unfurled a 1,000-foot long American flag in banner form .

“We brought the United States Army Special Operations Command Parachute team, here, to Schofield Barracks, for the Fourth of July Spectacular to assist us in marketing and public relations for the



A free-fall parachutist with the U.S. Army Special Operations Command Parachute Demonstration Team jumps from a CH-47 Chinook, Tuesday.

Special Operations community,” said Sgt. 1st Class Shelby Bixler, the noncommissioned officer in charge of U.S. Army Special Operations Recruiting Hawaii.

“These jumpers come from a Special Forces background,” he explained. “They’re Rangers, Civil Affairs and Psychological Operations. They perform all

over the nation as a public affairs asset to recruiting.”

This year, the team has as many as 50 shows nationwide, and could add more. The team jumps from various types of aircraft, depending on what is available at each venue, such as C-17s, a Cessna and fixed or rotary wing aircraft.

“Our job is to be goodwill ambassadors and interact with the populous,” said Staff Sgt. Sean O’Toole, the parachute rigger for the Black Daggers. “It’s our joy just to interact with everybody.”

Target practice

O’Toole has been with the team since last December. For the Hilo, Hawaii, native, the best aspect of being a Black Dagger is the crowd. The free-fall parachutists, who use rectangular ram-air parachutes, landed in a designated area



Briefs
July

7 / Friday

Public School Registration — Registration is accepted throughout the year. Register your child for school. Call the Army School Liaison Office at 655-8326.

Youth Sports & Fitness — Summer registration is open for flag football (youth born 2001-2012, \$55), cheerleading (youth born 2001-2012, \$55) and folk style wrestling (youth born 2001-2012, \$55). Call 655-6465 or 836-1923.

Survivor Outreach Services — SOS Friday Fitness with Friends program, 9:30 a.m., includes yoga, group walks and other opportunities. Meet at the SB SOS Center. Call 655-4227.

Resume Workshop — Learn how to create a resume for the first time or update your resume for the private sector from 10 a.m.-2 p.m. at SB ACS. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

Team Pacific Golf Scramble — Quarterly event held at Leilehua Golf Course for \$50 per person. Price includes 18-hole green fee, cart fee, free driving range balls, door prizes, flight prizes, pupus and two mulligans per player. Shotgun (noon) start. Call 655-4653.

8 / Saturday

Swimming Lessons — Registration held at SB Richardson Pool, July 8-9, from 9 a.m.-5 p.m., for weekday classes, July 10-21 (no classes on Tuesday). Class times range from 3-5 p.m. for \$60 for 30-minute lessons for Parent & Tot, Level 1, Level 2; \$70 for 45-minute lessons for Level 3, Level 4. Call 655-9698.

BOSS Lifeskill — Fishing event held at Marine Corps Base Hawaii marina. Call 352-223-6370.

10 / Monday

FMWR Job Fair — Family and MWR Hiring Fair held at Kapolei Ho’okele Elementary Cafeteria (511 Kuneki St.) from 9 a.m.-3 p.m. for all positions. Tentative job offers on-site. For list

REGISTER NOW



SCHOFIELD BARRACKS — Army Ten-Miler Qualifier starts at SB Richardson Pool at 6 a.m. Open to DOD ID cardholders 16 and older. Cost is \$40 through July 10. Medals are awarded to top finishers. Register at <https://hawaii.armymwr.com/calendar/event/army-ten-miler-hawaii-qualifier/1169767>. Call 655-9650.

of current vacancies and documents needed, visit www.himwr.com.

Stress Solutions — Held from noon-1 p.m. Identifies the causes of stress and how it affects our lives. ACS shares techniques such as positive self-talk and how to not take things personally. A variety of relaxation techniques offered. Call SB ACS at 655-4227.

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

11 / Tuesday

Volunteer Management Information System 101 — Learn how to use VMIS to get involved in your military community and keep track of your service record. This class held at SB ACS from 1:30-2 p.m. will help volunteers learn how to register for a VMIS account, search for volunteer positions and track their volunteer service hours. Call 655-4227.

10 Steps to a Federal Job — Held

at SB ACS from 1-4 p.m. Walk through the steps to create an effective targeted federal resume and successfully manage the application process. To sign up, call 655-4227 for more information about this event.

Bungie the Clown — Magic, storytelling and balloon sculpture show held at FS Library starting at 3:30 p.m. Call 438-9521.

12 / Wednesday

Bungie the Clown — Magic, storytelling and balloon sculpture show, 3:30 p.m., at SB Sgt. Yano Library. Visit HiMWR.com.

BOSS Event — Virtual reality gaming from 11:30 a.m.-1 p.m. at SB Tropics Recreation Center. Call 352-223-6370.

13 / Thursday

FRG Foundations Training — Prerequisite course held at SB Nehelani, 10 a.m.-noon, for commanders, FRG leaders, family readiness liaisons and FRG volunteers. Learn the family readiness system and operations. Call 655-4227.

Basics of Budgeting — Learn to develop a budget, track expenses and create a system to save and pay your bills on time in this course held at SB ACS from 10-11:30 p.m. Bring a copy of your Leave and Earnings Statement (LES) and a list of bills. Visit <https://mypay.dfas.mil>.

14 / Friday

Family Child Care New Applicant Briefing — Held at SB FCC Office at 9 a.m. Call 655-0747.

EFMP Sensory Movie Day — Held at FS Community Center from 1:30-3:30 p.m. Limited seating for up to 20 people. Call 655-4227.

Acing the Interview — Prepare to answer the tough interview questions and practice with a mock interview at SB ACS from 10-11 a.m. Call 655-4227.

Fish Fry Day — Shrimp, two kinds of fish, calamari hush puppies and crab, 11 a.m.-2 p.m., FS Hale Ikena. Call 438-1974.

Backyard BBQ — Traditional cookout food and games, 6-10 p.m., SB Tropics. Call 655-5698.

BOSS Lifeskill Event — “Art for Life” held at SB Tropics. Call 352-223-6370.

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

15 / Saturday

Boot Camp Training — New Parents Daddy Boot Camp class for first-time/ expecting parents at SB ACS from 9 a.m.-12:30 p.m. Ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

16 / Sunday

BOSS Event — Harry Potter concert at the Neal Blasidell Center in Honolulu. Call 352-223-6370.

17 / Monday

Family and MWR Hiring Fair — Held at Waianae Elementary Cafeteria (85-220 McAuthur St., Waianae), 9 a.m.-3 p.m. for all positions. Tentative job offers on-site. For list of current vacancies and documents needed, visit www.himwr.com.

PPP-S Federal Applications for Military Spouses — Priority Placement Program S for Military Spouses seeking civil service DOD careers. Learn all you need to know about PPP-S and the do’s and the don’ts. Step-by-step instructions on preparing your package at SB ACS from 10-11 a.m. Call 655-4227.

18 / Tuesday

Informal FRG Funds Custodian Training — Nehelani Center hosts from 10:30 a.m.-12:30 p.m. for FRG leaders, funds custodians, and command representatives to gain a clear understanding of the various funds available and the types of purchases that can be made with each fund. Roles and responsibilities of the funds custodian and alternate are defined. Call 655-4227.

community
Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

7 / Friday

Twilight Summer Concert Series — Thursdays, through July 27, 4:30-7 p.m. Free admission. Take a stroll through Foster Botanical Garden in the late afternoon and enjoy a concert from 5:45-6:30 p.m.

Eat The Street: Spicy — Eat The Street is scheduled at Kaka’ako Park from 4-9 p.m. The park is located at 747 Ala Moana Blvd. Admission is free.

Sesame Street Live — Elmo Makes Music show includes 16 performances, July 7-9 and July 13-16, at the Blaisdell Concert Hall. Tickets range from \$12-\$75; military discount of \$5. Call NBC info line at 768-5252.

First Friday — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month. Galleries open from 5-9 p.m., followed by a late night party

at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

8 / Saturday
SB Kolekole Walking-Hiking Trail — The trail is closed for hiking this weekend due to live-fire training.

International Market Place Island Vibes — International Market Place launches its inaugural Island Vibes Summer Concert Series with Kapena, 3-5 p.m., on the Queen’s Court stage every Saturday night from 3-5 p.m. through Sept. 2. Visit ShopInternationalMarketPlace.com.

Bon Dance — Waipahu Hongwanji Mission, 94-821 Kuhaulua St., Waipahu, 7 p.m. Bon Dance Festivals celebrated in Japan for more than 500 years and traditionally include a dance, known as Bon-Odori. Many temples concurrently hold a cultural and food bazaar providing a variety of cuisine and art; also features Japanese culture and Japanese-American history. Visit hongwanjihawaii.com. Call 677-4221.

Shadow Puppets — This free make-and-take shadow puppet

activity is for all ages, 11 a.m.-3 p.m., Hawaii State Art Museum, 250 South Hotel St., Ground Floor, Honolulu. Call 586-0305.

Pet Adoption Day — Adoptions are available at the Hawaiian Humane Society. Valley of the Temples Memorial Park is sponsoring the adoption fees for all animals, all day, on July 8, at the society, from 10 a.m.-4 p.m. For more details, contact ckam@hawaiianhumane.org.

Blood Bank of Hawaii Blood Drive — Donate blood at Pearlridge Center, Saturdays, July 8, July 29 and Aug. 5, from 7:30 a.m.-12:30 p.m., downtown in the parking lot fronting Chili’s Grill & Bar. Call 484-4770 to schedule your donation appointment.

“Choir Boy” Auditions — Auditions are being held for “Choir Boy” by Tarell Alvin McCraney, 1 p.m., and July 9, at 10 a.m. The Actors’ Group is located in Dole Cannery Square, 500 Iwilei Road, Suite 101. Show runs Aug. 18-Sept. 3. Email tag@hawaii.rr.com.

9 / Sunday

Royal Hawaiian Band — Band plays at Kapiolani Bandstand at 2 p.m. Call 922-5331.

Sea Turtle Camp Hawaii — Sea Life Park will host high

school students from across the nation in its fifth annual camp July 9-22. Participants will have a hands-on opportunity to study Hawaii’s unique Green Sea Turtles in a two-week immersive with Sea Life Park staff. Visit www.sealifeparkhawaii.com or call 259-2500.

14 / Friday

The Little Mermaid — Disney’s “The Little Mermaid” performs July 14-Aug. 6, Thursday through Sunday, at Diamond Head Theatre, 520 Makapuu Ave., Honolulu. Visit diamondheadtheatre.com.

Korean Festival — Dozens of community organizations and businesses partner with hundreds of volunteers, July 14-15, that highlight the unique food, dance, art and music of Korea. Festivities include Korean cooking lessons, a singing competition and a kimchee-eating contest. Visit koreanfestivalhi.com.

Mango Jam Honolulu — Friday, July 14, 4:30-10 p.m., and Saturday, July 15, 10 a.m.-10 p.m., at the Frank F. Fasi Civic Center at Honolulu Hale. Free admission and parking. Live entertainment, cultural performances, crafts, demonstrations, food and beverages. Call 808-768-6622 or visit www.honolulu.gov/moca.

This Week at the
MOVIES
Sgt. Smith Theater



My Cousin Rachel (PG-13)

Friday, July 7, 7 p.m.



Megan Leavey (PG-13)

Saturday, July 8, 4 p.m.

The Mummy (PG-13)

Saturday, July 8, 7 p.m.

Wonder Woman (PG-13)

Sunday, July 9, 4 p.m.

No shows are provided Monday through Thursday.

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SAC: School Age Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

599th Transportation scores a PT touchdown

Story and photos by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Army units have wide latitude in deciding how to conduct physical training. During his first PT with the unit on June 28, the 599th Transportation Brigade commander, Col. Michael Knapp, had brigade personnel who were on island divide into two teams to play ultimate football. “This is about team building and communications,” said Knapp. “That’s what sports are. In ultimate football you have to keep in close communication with your teammates in order to move the ball down the field to be successful. That’s why I like it for unit PT.”

Department of the Army civilians are also welcome to participate in unit PT. Information management specialist Clayton Maciorowski played ultimate football with brigade Soldiers on June 28. “It’s a great chance to have a good time with the people I work with and to get to know them better,” said Maciorowski, a former 25th Infantry Division Soldier. “I thought it sounded like fun, and I also kind of miss unit PT.” Added Knapp, “This event really highlights the special people and uniqueness of the brigade. We have Airmen, Sailors, civilians and Soldiers sweating and working together.” Although the game is fast, it is relatively safe. No kicking the ball or body



Team captains, Navy Cmdr. Ned Swanson of the Surface Deployment and Distribution Command, Naval Reserve Unit Pacific, and Air Force Maj. Charles Boler IV, the 599th Trans. Bde. Command Operations Center chief, play rock, paper, scissors to decide on which team gets the first pass during an ultimate football game for 599th unit PT on June 28 at Wheeler Army Airfield.

contact is allowed. A player can only take five steps between receiving the ball and handing it off or throwing it to teammates. A turnover occurs any time a player violates a rule or the ball



Col. Michael Knapp, 599th Trans. Bde. commander, looks for an open teammate down the field while 599th Trans. Bde. IT specialist Clayton Maciorowski defends during an ultimate football game at 599th unit PT on June 28 at Wheeler Army Airfield.

touches the ground. “Soldiers should want to get up in the morning to do PT,” said Sgt. 1st Class Lynette Smith, 599th Headquarters and Headquarters Detachment first sergeant. “This gets Soldiers up in the morning instead of just working a regular 9 (a.m.)-to-5 (p.m.) job. This gets their mindset ready to deal with the day.” Capt. Mark Richardson, HHD commander, agreed. “Unit PT is not really about the PT,” Richardson said. “It’s about building unit cohesion. If Soldiers sweat together,

they come out more cohesive and the morale is better. “It also makes sure that Soldiers are physically fit and have the endurance to undergo the stressful situations they encounter,” he explained. Added Smith, “We have to see the Soldiers, especially at the beginning and the end of the workweek, to make sure they are accounted for and everything is OK at home.” During the brigade’s first ultimate football game, the 599th played Belts vs. No Belts to distinguish teams. The winner was Belts, 9-8.

Daggers: All in a day’s work

CONTINUED FROM B-1

that was 100 feet long by 100 feet wide among the crowd. “I absolutely love interacting with the crowd,” O’Toole said. “You jump, you land, you can hear kids cheering for you, you can see smiles on people’s faces. (You) shake the hands of veterans; they thank you for their service. I get to thank them for their service because they’ve paved the way for us.” The Black Daggers are based out of Fort Bragg, in North Carolina. There are little less than a dozen on the team, which is made up of USASOC Soldiers. The Black Daggers perform for military and civilian audiences. Weather permitting, O’Toole said, the team can jump from as high as 10,000 feet. He described 120 miles per hour as the optimum speed for the parachutists. In ideal conditions, O’Toole said the team conducts a three-tiered performance, with jumpers opening their parachutes at different heights. They must perform a minimum of 200 jumps to be a demonstrator for the team. Some performances, such as the one here at Schofield, have a prerequisite of 500 jumps. The team regularly trains during the winter for a month, 12 hours a day, five to six days a week. Additional training is conducted in the time available between each performance. One of the challenges, O’Toole said, is that the Black Daggers face constant



The Black Daggers pose with members of 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID, in front of a CH-47 Chinook, Tuesday. The unit provided transportation for the parachute team during their performance.

travel. “It’s a very busy (operation) tempo,” he said. “It’s hard to take care of home life, but it’s still my pleasure to be here.” Master Sgt. Travis Alfred, the Black Daggers’ team leader, said he was grateful to the 25th ID for their efforts, as well as the local Special Operations recruiting office for the invitation to perform here.

Master Sgt. Travis Alfred, the team leader for the Black Daggers, rides a CH-47 Chinook for his jump over Weyand Field during the Fourth of July Spectacular, Tuesday.



Teenage driving 101 – hold tongue, brace for impact

We universally accept that 16-year-olds don’t know much about life, so why is it that we allow them to propel 2-ton combustion engines over concrete at high speeds? After many months of pumping the phantom brake and digging my fingernails into the armrests, our youngest daughter, Lilly, got her driver’s license this week. I breathed a sigh of relief. I never understood my parents’ plight until I had to teach each of our three kids to drive. Now I feel their pain. It was June 4, 1984, my birthday, and I was twirling the barrel of my curling iron through my bangs. I heard my mom’s voice calling from outside our brick ranch, “Sweet pea! Come here, would ya?” I answered loudly, rolled my eyes and ignored her. “Honeybunch? C’mon, it’ll only take a sec!” she continued, eventually appearing at my bedroom door. In classic teenage style, I sassied at her, annoyed by what I saw as her rude interference with the crucial task of heightening my bangs. Eventually, I succumbed to her pleas, but not without attitude. I appeared outside, slump-shouldered and rolling my eyes, where the cause of the hubbub was revealed. On our lawn sat a pale blue 1974 Volkswagen Beetle tied up with an enormous yellow bow. I offered no apology for my embar-



rassing behavior. Instead, I screamed and ran to claim the gift, which I assumed I wholeheartedly deserved. That day, I had to deliver pizzas with my Dad for a school fundraiser, and he thought it was the perfect opportunity for me to learn to use the Beetle’s manual stick shift. My hair properly coiffed, I jumped excitedly into the driver’s seat and awaited my father’s instructions. A gruff, ex-college football player, Dad was not delicate. He operated on pure instinct, street smarts and gut feelings. I, on the other hand, had no innate abilities. Instead, I relied on conscious analysis. My father didn’t use maps, instructions or cookbooks. I relied heavily on them. He was not articulate, using facial expression and volume to communicate. I spoke in great detail to explain my thoughts. So, when it came time for me to learn how to drive a stick, we were not exactly compatible. After several stalls, I eventually got the Beetle onto the road. I made every first-timer mistake – revving the engine, sputtering and stalling, rolling back after stopping on an incline, riding the clutch and lurching.



Photo courtesy of Lisa Smith Molinari
After months of practice and pumping the phantom brake, the author saw her youngest daughter receive her driver’s license.

Each time, Dad bellowed, “Easy, easy! No, not now! There, now! Shift! The clutch, the clutch! Feel it in your rear!” I couldn’t process the words he was blasting in my ear, and I soon began to cry. “Can’t you feel it in your rear? That’s how you know when to shift!” he shouted in frustration. I had no idea what he was talking about and continued to grind, lurch and

stall. I was able to hide my tears during the first few pizza deliveries, but after more yelling and a near-catastrophic stall downhill from a barreling coal truck, I was soon a blubbering, red-eyed, snotty mess. “Hello (*sniff*), Ma’am (*snort*). I, I, I, (*rubbing nose with sleeve*) believe you ordered two (*hiccup*) pepperoni pizzas?” I managed to choke out after ringing doorbells. “Oh, Sweetie, sure! Would you like to come inside and sit a while?” one customer offered upon seeing my pitiful condition. I somehow managed finishing the deliveries without anyone calling Child Protective Services, but was devastated at my failure to understand my father’s instructions. Later, I took the Beetle out alone on the road in front of our house. Even though I still didn’t feel anything in my rear, I was surprised at how quickly I taught myself. Decades later, I realize that riding in the car when my kids are driving is sometimes a huge pain in the butt. Perhaps that’s what my father was talking about. Regardless, my experience taught me to hold my tongue when our teenagers are driving. My instinct may be to scream, “Holy Mother of God! Brake! Brake! Brake!” But I’ll sit quietly and let them think for themselves. (Keep up with Molinari at www.themeatandpotatoesoflife.com.)



A gray wall of cement extends out into the distance during the beginning stages of construction. Swinerton Builders has been excavating and constructing a new parking structure within the area neighboring McCornack Road and the U.S. Army Health Clinic-Schofield Barracks.

Clinic garage construction advances

Story and photos by
SPC. PETER SKY

28th Public Affairs Detachment

SCHOFIELD BARRACKS — Family members here may have noticed that the U.S. Army Health Clinic is working to improve patient care by upgrading access to the facility.

Recently, clinic staff identified a method for improvement in the form of a parking structure.

The clinic is short by nearly 50 percent of the parking required for the amount of patients seen, so the new structure will accommodate everyone who uses the clinic.

“The main goal of the construction project is to provide more parking for the post in order to provide better access to health care and to the community,” said Maj. Sean Colley, project manager of the U.S. Army Health Facility Planning Agency, Office of the Surgeon General.

The plans went through multiple layers of quality control and government bidding processes that are managed by the U.S. Army Corps of Engineers. It is a design-bid-build project from USACE.

“The new parking garage will allow additional parking to all parts of the clinic for staff and patients to visit the U.S. Army Health Clinic, as well as the dental clinic and the Warrior Transition Unit,” Colley said. “It will also benefit Soldiers and civilians on post by allowing them to find parking more easily and quickly. Also, it decreases walking distances to and from parking and the clinic.”

According to Robb Keene, project manager at Swinerton Builders, the new parking garage will begin with a concrete pre-cast, which will give the structure a weighted base and prevent it from falling or sinking. In the basement level, foundations and walls will be put in place and preformed concrete will form the four higher levels.

“Once the parking garage is complete, traffic congestion in the area surrounding the clinic, the post Exchange and the commissary should be decreased,” Keene said. “The users of the health clinic, the dental clinic and the Warrior Transition



Employees collaborate in the construction site neighboring McCornack Road and the U.S. Army Health Clinic-Schofield Barracks, May 24. They are building a new parking structure that will provide more parking options for Soldiers and civilians who receive care at the clinic.

Unit won’t have to park within those other areas. There are also improvements being made to McCornack Road that should help traffic to flow much better in the area.”

Personnel from USACE, the Health Facility Planning Agency and Swinerton Builders came together to turn the plans for the parking garage into a reality. The estimated cost of construction is just over \$26.5 million. Military construction funds are approved through the Defense Health Agency and Congress. No fee will be necessary to use the parking garage, and it will provide approximately 430 stalls.

The clinic garage is scheduled for completion by the second quarter of fiscal year 2018.



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC
 - 11 a.m. at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC (Contemporary)
 - 9 a.m. at FD
 - 9 a.m. at TAMC
 - 10 a.m. at HMR (Contemporary)
 - 10:30 a.m. at AMR (Contemporary)
 - 11 a.m. at WAAF (Contemporary)

Biography is reflection of perseverance and purpose

CHAPLAIN (CAPT.) JAMES CHOI
3rd Battalion, 25th Aviation Regiment
25th Combat Aviation Brigade
25th Infantry Division

When I conduct a change of command or change of responsibility ceremony invocation, I am always interested to read biographies of the commander, the command sergeant major or the first sergeant.

In a couple of paragraphs, we can see their life, their career and their achievements.

When you write a bio, you don’t write down how many houses you’ve owned, how much money is in your bank account or what kind of car you drive. An autobiography shows us who you are, where you come from, your area of profession and what you’ve achieved from that. It allows others to see your hard work, dedication and conviction.

The great people in history and life are



Choi

for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus” (Philippians 3:12-14).

He is focusing on the future and the goal ahead. Paul said he’s not going to

just ordinary people with an extraordinary amount of determination. They don’t know how to quit. They keep on going. They never give up.

Paul said, “Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that



stop, give up or quit. He’s going to keep on keeping on until he finishes the work the Lord gave him to do. He wanted to

finish the purpose for which God made him.

Quitters give up on their business, their marriage, their kids, relationships and dreams.

Paul said, “I am not going to quit. No matter what happens, I’ll never give up.”

Paul wanted to be a winner in life, not a winner of the world.

For those of you who have just started your journey as a Soldier, there may not be much to write about in your bio. But in five or 10 years, just as your uniform will be decorated with awards and service ribbons of honor, the once blank spaces in your bios will be filled with your successes and accomplishments in the military.


In this moment, we are building our own bios. It is created by our dedicated service, hard work and outstanding achievements.

What words will you write in yours?

USAHC-SB prepares for keiki schedule crush

BACK TO SCHOOL

PHYSICALS AND IMMUNIZATIONS



Who Needs A School/Sports Physical.


- Anyone new to the school system
- Students starting 7th grade
- High school students participating in sports
- Children enrolled in CYS

Immunization Hours.

M,W,F: 7:30–3:00 p.m. (Lunch 11:30–1:00)

Tuesday: 7:30–11:30 a.m. & 1:00–2:00 p.m.

Thursday: 7:30–11:30 a.m. Building F Rm 141
(Enter Building E1)



Appointment Line:

(808) 433–2778

Option 1,1

0630–1630

Monday– Friday

Tricare Online:

www.tricareonline.com


Relay Health:

www.relayhealth.com

Customer Relations:

(808) 433–8504

Building F Rm 120



1ST LT. JASON KILGORE
U.S. Army Health Clinic-Schofield Barracks
SCHOFIELD BARRACKS — With the first day of school quickly approaching, students will need school physicals. The Pediatrics Department at the U.S. Army Health Clinic-Schofield Barracks has adjusted its summer schedule to make getting school physicals easier. If a child has had a physical completed within the past year, please bring in their paperwork, so the staff may renew their current physical. If a child doesn’t have a copy of their physical, they may obtain their most recent physical from medical records. Those who will need physicals are as follows:

- Anyone new to the Hawaii school system.
- Students who are starting seventh grade.
- High school students participating in sports.
- Children enrolled in Child, Youth and School Services (CYS).


Please call 433-2778, ext. 1,1 to book an appointment. If there are no convenient times available, or you have questions about school physicals, contact the Pediatrics Department through Relay Health, or call our Patient Assistance Line at 433-2778, ext. 3,1,1, and we will work out an individualized solution.

Saturday School & Sports Physical & Immunization

Tripler Family Medicine Clinic

- July 8 & 29, 8 a.m. to noon.
- Ages 4- 18 years.*
- Bring military IDs and immunization records.
- Call 433-2778 for appointment.


*Tripler Family Medicine Clinic enrollees only. Also, accepting walk-ins until noon.



Summer School & Sports Physicals

TAMC Pediatric and Adolescent Clinic

- Sunday summer appointments.
- Ages 4 and up (for enrolled patients).
- July 9, 23, 30 (additional dates in August TBA).
- Also providing additional school/physical appointments during the week.
- Call Central Appointments at 433-6697 to schedule.



TAMC TIP



Have fun but camp safely

Camping is a fun way to get family and friends together to enjoy the outdoors. Take a few minutes to help ensure your camping trip is safe and healthy.

- Ask your health care provider if you are up-to-date on recommended vaccinations before your camping trip. Make an appointment to get them if needed.
- Pack healthy snacks, water, adequate clothes and

a first-aid kit.

- Never leave a campfire unattended. Before you leave, be sure you put out your campfire completely.
- Put on protective gear, such as helmets, sturdy shoes and life jackets, depending on the activity.
- Prevent carbon monoxide poisoning. Never use fuel-burning equipment, such as gas stoves, heaters, lanterns and charcoal grills, inside or near a tent, camper or other enclosed shelter.
- Some wild animals carry diseases that are

dangerous to people. Enjoy watching wild animals from a safe distance in their natural surroundings.

- Put on insect repellent containing 20 percent or more DEET.
- Wear light-colored clothing, so you can see ticks better. Check yourself, your family and your pets for ticks, and remove them promptly.
- Protect yourself from the sun. Put on sunscreen with at least SPF 15 and cover up with clothing, a wide-brimmed hat and sunglasses.